



Welcome to Red Kite Amateur Running Club (RKR)

RKR is an amateur running club, staffed by a mixture of qualified and experienced run leaders as well as volunteers. The purpose and objective of the club is to provide a fun, motivational, safe and social group environment for the members to run in. The aim of the groups' volunteer leaders shall be to encourage and promote exercise as part of a healthy lifestyle and improve the wellbeing of our community.

By signing this form, you agree to run as part of this amateur group and understand that there may be times where you will be running unsupervised. You are responsible for your own safety and for that of your children at all times. RKR is unable to accept liability for any injury caused whilst running in this group or for any loss or damage to personal property.

RKR agrees to ensure a risk assessment of all routes to be used will be conducted before any run meet takes place.

In the event of an accident, please report this to the designated first aider as soon as is reasonably possible, and before the last member of the group leaves the meet sight. Details of all first aiders and procedures are attached. We recommend you add these contact numbers to your mobile phone.

In order for the club to run, we politely ask for a donation of 50p per session to be paid at the start of each meet when signing the attendance register. All monies collected will be used for the purposes of RKR, administration and the benefit of the club members.

As members, you agree to your personal details and emergency contact information as well as any medical disclosures being held by the committee of the RKR. RKR will keep this information securely and purely for the purposes of ensuring your safety and wellbeing whilst running as a group.

Please sign below to confirm you agree and understand these terms and conditions and return to RKR Committee Chair.

I understand and agree that by running as a member of Red Kite Running Amateur Running Club, I do so at my own risk.

I have been supplied with, have read and understood the clubs first aid procedures.

I agree to my personal data being stored by the Red Kite Runners Committee.

NAME:

SIGNATURE:

DATE:

We look forward to welcoming you and your family to the club in the near future. To find out all the latest club information, please visit our website at WWW.REDKITERUNNERS.CO.UK



EMERGENCT CONTACT

As this is an amateur sports club, all runners do so at their own risk. However, if you have a medical condition which could be affected by your activity, it is important that you inform your run leader as soon as possible, Run leaders are basic first aid trained only.

If you suffer from asthma, please ensure you carry a suitable inhaler with you at all times and inform your run leader where you keep this.

Please state any medical conditions which may be affected by running?

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Do you suffer from any allergies?

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In case of an emergency (other than medics), who would you like us to contact and inform?

Name:

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Relationship:

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Contact details:

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NAME:

.....

SIGNATURE:

.....

DATE:

.....

RED KITE RUNNERS AMATEUR RUNNING CLUB - Code of Conduct

ATHLETE/RUNNER CODE OF CONDUCT

As a responsible athlete you will:-

- ✧ Treat others with the same respect and fairness that you wish to receive.
- ✧ Anticipate your own needs, be organised and on time.
- ✧ Thank those that help you in athletics.
- ✧ Always bring a positive attitude to the club.
- ✧ Work as part of a team.
- ✧ Show loyalty to your club.
- ✧ Show patience with and respect diversity.
- ✧ Act with dignity at all times.
- ✧ Notify a running leader if you have to go somewhere whilst at club, where and when you will return.
- ✧ Always inform your running leader if you wish to take a different route at session and then know when you return.
- ✧ Avoid destructive behaviour and leave athletics venues as you find them.
- ✧ Never engage in illegal or irresponsible behaviour.
- ✧ Bringing animals to the sessions must be agreed with by your running leader.
- ✧ Challenge anyone whose behaviour falls below the expected standards of 'Athletics Welfare.'
- ✧ Speak out immediately if anything makes you concerned or uncomfortable (telling your run leader and/or the welfare officer) or if you suspect a club mate has suffered misconduct by someone else.
- ✧ Club Kit must be worn for sessions, race events and any promotional events.

RULES AND CODE OF CONDUCT REGARDING SOCIAL MEDIA

When logging onto and using social networking, videos sharing websites or blogs including personal use on computers and mobile phones, members including committee, leaders and runners must not:-

- ✧ Conduct themselves in a way that is detrimental to the club or brings RKR into disrepute
- ✧ Allow their interaction on these websites or blogs to damage working relationships between leaders, committee members and runners.
- ✧ Make any derogatory, offensive, discriminatory or defamatory comments about the club, its members or sponsors.
- ✧ Make any comments about club members that could constitute unlawful discrimination, harassment or bullying contrary to the Equality Act 2010 – You could be personally liable for your actions under this legislation.
- ✧ Disclose any club secrets, confidential or sensitive information belonging to the club, its members and sponsors or information about the clubs work services, development or member morale.

Club members must remember that social networking websites are a public forum even if they have set their account settings at a restricted access or 'friends only' level, and therefore they should not assume their entries on any website will remain private.

COACH/RUNNING LEADER CODE OF CONDUCT

As a responsible coach/leader you will:-

- ✂ Respect the rights, dignity and worth of every athlete/runner and treat everyone equally, regardless of background or ability.
- ✂ Place the welfare and safety of the athlete/runner above the development of performance.
- ✂ Develop appropriate working relationships with members (especially under 18's), based on mutual respect and trust.
- ✂ Do not exert undue influence to obtain personal benefit or reward.
- ✂ Encourage and guide athletes/runners to accept and take responsibility for their own behaviour and performance.
- ✂ Avoid critical language or actions, such as sarcasm, that undermine the athletes/runners self-esteem.
- ✂ Not spend time alone with a young athlete/runner unless clearly in view of others.
- ✂ Always explain why and ask for consent before touching an athlete/runner.
- ✂ Make sure you are appropriately qualified for activities that you coach/lead and update your licence and education when required by UK Athletics.
- ✂ Adopt safe training regimes appropriate to the age, stage of development and capacity of the athlete/runner.
- ✂ It is to your discretion if animals are allowed to run with your group. Safety to yourself and your runners is our main priority.
- ✂ Change groups if it is in the clubs best interest.
- ✂ Work as part of a team.
- ✂ At the outset, clarify with athletes/runners (and where appropriate, their parents or carers) exactly what is expected of them and what performers are entitled to expect from us.
- ✂ Never try to recruit, either overtly or covertly, athletes/runners who are already receiving coaching.
- ✂ Co-operate fully with other colleagues (e.g. other coaches, officials, team members, governing body staff) in the best interests of the club.
- ✂ Consistently promote positive aspects of the sport (e.g. fair play, sportsmanship) and never condone rule violations or the use of prohibited or age inappropriate substances.
- ✂ Challenge inappropriate behaviour or language by others.
- ✂ Report any accidental injury, distress, misunderstandings or misinterpretations (including if a child appears to have been sexually aroused by your actions). A brief written report of such incidents should be submitted to the Welfare Officer as soon as possible, and the parents/carers notified. The accident book is located at base.
- ✂ Report any suspected misconduct by other coaches/leaders or athletics personnel.
- ✂ Never use derogatory terminology to another member, leader or committee staff.
- ✂ Use confidentiality where needed.
- ✂ Consistently display high standards of behaviour and appearance.
- ✂ Always bring a positive attitude to sessions.
- ✂ Always promote positive attitude towards the Club.
- ✂ Club Kit must be worn for sessions, race events and any promotional events.

By signing the code of conduct I understand and agree to the terms and conditions that are set out above.

NAME:

SIGNATURE:

DATE:

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